

City of Torrance

# 5-0 and on the go!

Promoting fitness, fun, and friendships

SEPTEMBER/ OCTOBER 2015

## TORRANCE TRAVELERS

*On the go again!*

### OLD HAUNTS IN OLD TOWN

with Lunch at San Diego's Old Town Mexican Cafe

THURSDAY, OCTOBER 29, 2015

#### HIGHLIGHTS AT-A-GLANCE:

- \* Guided tour of Old Town San Diego's Whaley House which is said to be haunted
- \* Tour the Old Adobe Chapel
- \* Enjoy lunch at the Old Town Mexican Cafe
- \* Free time for shopping in Old Town



#### Fee:

Torrance residents: \$90.00 per person

Non-residents: \$100.00 per person

Departs from Wilson Park at 8:00 a.m.

Returns to Wilson Park at approximately 6:00 p.m.

REGISTER IN PERSON FRIDAY, SEPTEMBER 11, 2015.

9:00 a.m. to 11:00 a.m.

Ken Miller Recreation Center

3341 Torrance Boulevard in Torrance

(Near Madrona and Torrance Blvd. behind the Torrance Plunge)

Torrance resident registration begins at 9:00 a.m.

Non-resident registration begins at 10:00 a.m.

Payment may be made by check or credit card only!

Sorry, we cannot accept cash.

Please make checks payable to the City of Torrance.

For openings after September 11, 2015 or for cancellations, please call (310) 618-2720.

For tour information, please call our  
Tour Information line at (310) 618-2468.

#### ~ Menu ~

Lunch at the Old Town Mexican Cafe includes:

EACH GUEST'S CHOICE OF ENTREE:

Old Town famous Beef, Chicken,  
Shrimp or Veggie Fajitas  
with homemade tortillas,  
rice and beans

ALL ENTREES ALSO INCLUDE:

Churro and ice cream for dessert  
Coffee, iced tea or soft drink  
Margaritas and other beverages are  
available for purchase



Tours are designed for those  
50 years of age and over.

"Creating and Enriching Community through People, Programs, and Partnerships"  
City of Torrance Community Services Department <http://www.TorranceCA.Gov>



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## MIRACLE WORKERS

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🚗 **Tour is sold out – Please call 310 618/2720 to get on the wait list** 🚗

**Wednesday, September 16, 2015**

**Torrance resident fee: \$84.00**

**LEAVES FROM WILSON PARK at 8:30 a.m.**

**Non-resident fee: \$94.00**

**RETURNS at approximately 5:30 p.m.**

Meet the *miracle workers* on this tour! According to research, every 11 minutes a person in the United States loses their sight, often as part of the aging process. But thanks to modern technology, living is becoming easier for the visually impaired. We begin our day at the *Braille Institute*, a service organization for blind and visually impaired adults. On the tour led by visually impaired guides, we'll see students attending classes and learning to live with their impairment. After our tour of the Braille Institute we'll head over to Universal Citywalk's *Saddle Ranch Chop House* for a buffet lunch. We'll spend the rest of the afternoon visiting Guide Dogs of America. For more than 50 years, Guide Dogs of America has bred, raised, and trained some of the world's most dedicated dogs and matched them with blind people of all ages. On our tour of the 7-acre campus, we'll learn how the loving, working partnership of dog and human develops. Donations to both the Braille Institute and Guide Dogs of America are included on behalf of your group.

## TORRANCE TRAVELERS

***On the go again!***



**Register for AUTUMN 2015 excursions on:**

**Friday, September 11, 2015**

**9:00 to 11:00 a.m.**

**Ken Miller Recreation Center**

**3341 Torrance Boulevard in Torrance**

**(Near Madrona and Torrance Blvd. behind the Torrance Plunge)**

**Torrance residents may register from 9:00 to 11:00 a.m.**

**Non-residents may register from 10:00 to 11:00 a.m.**

**Payment may be made by check or credit card only!**

**Sorry, we cannot accept cash.**

**Please make checks payable to the *City of Torrance*.**

For openings after September 11, 2015 or for cancellations, please call 310/618-2720.

For tour information, please call our Tour Information line at 310/618-2468.

***New Tour!***

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## OLD HAUNTS IN OLD TOWN SAN DIEGO

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**Thursday, October 29, 2015**

**Torrance resident fee: \$90.00**

**LEAVES FROM WILSON PARK AT 8:00 A.M.**

**Non-resident fee: \$100.00**

**RETURNS at approximately 6:00 P.M.**

Spend the day exploring some of the old haunts in Old town San Diego! Our day begins at the *Whaley House* which stands today as a classic example of mid-nineteenth century Greek revival architecture. In addition to being the Whaley family home, it housed a granary, the County Court House, and San Diego's first commercial theater just to mention a few of the house's other uses. Significant events such as the seizure of the court documents in 1871 and the suicide of Violet Whaley in 1885, as well as the hangings which occurred on the property before the house was constructed, have suffused the Whaley House with an air of mystery and adds to its reputation as something more than just California State Historic Landmark #65. In fact, the house has been considered the number one most haunted house in the United States! Next, we'll visit the *Old Adobe Chapel*. Built in 1850 as a home, the Old Adobe was converted to a church by Don José Aguirre in 1858. Then, it's lunchtime for authentic Mexican cuisine at the *Old Town Mexican Café*. We'll each have our choice of Beef, Chicken, Shrimp, or Veggie Fajitas. After lunch we'll have plenty of time to explore historic Old Town, the "birthplace" of California.





## New Tour!

## THE LIVING DESERT

Wednesday, November 18, 2015

LEAVES FROM WILSON PARK at 8:00 A.M.

RETURNS at approximately 6:00 P.M.

Torrance resident fee: \$97.00

Non-resident fee: \$107.00



Welcome to the amazing world of desert life! Let *The Living Desert Reserve* introduce you to some of the many varieties of plant and wildlife found in deserts from around the world. After a cool, morning drive out to Indio, we'll disembark the coach at the *Living Desert*. Upon arrival, we'll climb aboard one of the park's trams for a narrated ride through the reserve. Discover reptiles, birds, mammals, and plants you never thought could possibly inhabit such desolate places. At the conclusion of the tour, we'll be treated to a box lunch at the park's restaurant before taking a seat in the covered amphitheater for a special *Wildlife Wonders* presentation. Eight to ten animals participate in each show, with many of them being an endangered or threatened species. A special treat is in store for the ride home when we stop off at *Hadley's* in Cabazon for a traditional desert treat, a refreshing date shake!

## New Tour!

## VENETIAN HOLIDAY LIGHTS

Wednesday, December 9, 2015

LEAVES FROM WILSON PARK AT 3:30 P.M.

RETURNS at approximately 9:00 P.M.

Torrance resident fee: \$98.00

Non-resident fee: \$108.00



All the romance of Italy during the holidays is ours on this enchanting Venetian Holiday! Imagine cruising through the canals of Venice aboard authentic gondolas. We can do just that right here in Southern California! As the sun begins to set, we'll travel to Long Beach where we'll board a fleet of romantic gondolas for a festive one-hour cruise through the canals of Naples and Los Alamitos Bay. Our gondolier will guide us slowly through the bay as we cruise past a myriad of floating Christmas trees, which have become a Long Beach tradition over the past twenty years. The nightly event features dozens of Christmas trees full of bright, twinkling lights floating aimlessly in the bay. On the canals we'll pass under quaint footbridges and past elegant waterfront homes decorated for the holidays. (Cups, ice buckets, and ice are provided on the gondolas should we wish to bring our own beverages.) After cruising the canals of Naples, we'll head over to *Buca di Beppo* where we'll enjoy a flavorful dining experience. In the spirit of Italian culture, dishes are served family style and are meant to be shared. Join us for a taste of Italy for the holidays!

## CALENDAR OF EVENTS

What's going on? Mark your calendars for these upcoming events!

September 11 9:00 – 11:00 a.m.	<b><i>Torrance Travelers Tours Registration</i></b>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance
October 6 10:00 a.m. – 12 noon	<b><i>Seniors Don't Be Scammed! Internet and Telephone Safety</i></b>	Katy Geissert Civic Library Meeting Room
November 2 10:00 a.m. – 12:00 p.m.	<b><i>Free Flu Shots</i></b>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
November 14 9:30 a.m. – 2:30 p.m.	<b><i>Senior Citizens Arts and Crafts Show</i></b>	Ken Miller Recreation Center 3341 Torrance Blvd., Torrance
December 18 11:30 a.m.	<b><i>Holiday Luncheon</i></b>	Ken Miller Recreation Center 3341 Torrance Blvd. in Torrance



## Computer Training at the Bartlett Center



- Never used a computer before?
- Learned by doing, but didn't always understand what you were doing?
- Want to learn the basics of using a computer, including how to open and safely close a computer, how to use a mouse or touch-pad?
- Want to learn how to use the internet, to search and explore the world?
- Want to send and receive e-mails; to view pictures of your children, grandchildren and, perhaps great-grand children; to be able to send or save such pictures?
- Are there other things you want to know about using a computer?

### **Discover that using a computer is easy!**

Bartlett Center now has a computer which will be used for computer education and training. You can sign-in for one-on-one tutorials, where you can learn computing. You will be with one instructor and will get "hands on" training and use of the computer. Each session will be from one-half hour to one hour.

**For available dates, times, and subjects,  
please contact the Bartlett Center at 310/320-5918**

It's that time of year again...



## FLU SHOT CLINIC

Monday, November 2, 2015

10 a.m. to 12 noon

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance

**For more information, please call 310/320-5918.**

Please see your physician if you have a serious illness or are hypersensitive to eggs.



# Autumn



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## FRIDAY RECREATION CENTER SENIORS

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Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

Fridays only \* (Near Madrona and Torrance Blvd., behind the Torrance Plunge)

**Intermediate Cardio Salsa** \* 9:25 - 10:55 a.m.

**Fee: \$45.00/Semester (fall term 9/18/15 - 12/11/15)**

Engage in an aerobic work-out while learning new dance steps and routines for physical fitness and performance. This class is for those who have taken Beginning or who have some experience in Latin or ballroom dance.

**Chair Exercise** \* 9:30 - 11:00 a.m. **Fee: \$45/Semester (fall term 9/18/15 - 12/11/15)**

\* Gentle stretching and low-impact movement will be done while seated and standing

\* Restore & maintain joint range of motion \* Toning & firming to improve flexibility and cardiovascular health

**Beginning Cardio Salsa** \* 11:05 a.m. - 12:35 p.m.

**Fee: \$45.00/Semester (fall term 9/18/15 - 12/11/15)**

Roland teaches you salsa, meringues, and line dancing all in this terrific aerobic work-out!

*Classes are offered in cooperation with Torrance Adult School Older Adult Program (310/533-4689) and the City of Torrance Community Services Department.*

# Holiday Arts and Crafts Sale

Saturday, November 14, 2015

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd.



**Come find that special one-of-a-kind gift,  
hand-crafted by Senior Citizens!**

(Crafts Vendors: please call the Bartlett Center at 310/320-5918  
for more information and registration forms!)



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## WALTERIA PARK SENIOR CITIZENS CENTER

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3855 W. 242nd Street – 310/378-3862

**MONDAY 12:00 noon to 4:00 p.m. \* Table Games and Pinochle \***

**THURSDAY 12:00 noon to 4:00 p.m. \* Table Games and Bridge \***

**Coffee and cookies always just 30¢!**



Come spend some time with us Mondays and Thursdays! How about a game of Hand and Foot? It's a super fun card game and we're looking for players. Bring a friend! We'll show you how! We have a friendly group of Pinochle players and you can jump right into the game! Drop in any Monday or Thursday afternoon!

## TILLIM MOVIE MATINEE! Join us for movies at South Bay Church of God

17661 Yukon Avenue, Torrance – 310/329-1889

First Wednesday of Each Month at 12:30 p.m.

September 2, 2015: *The Agony and the Ecstasy*

Not Rated

FEATURING: Charlton Heston, Rex Harrison, and Diane Cilento

October 7, 2015: *True Grit*

Rated G

FEATURING: John Wayne, Kim Darby, and Glen Campbell

Movie for November: *Mud*



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## HERMA TILLIM SENIOR CITIZENS CENTER

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Due to the renovation project in McMaster Park, the Tillim Center Senior Citizens Program has been temporarily relocated to the *South Bay Church of God*, at 17661 Yukon Avenue in Torrance.

310/ 329-1889

**Please Note New Program Hours:**

**Tuesdays, Wednesdays, and Thursdays ☺ 9:00 a.m. to 3:00 p.m.**

TUESDAY	9:00 a.m. - 3:00 p.m.	BRIDGE AND TABLE GAMES
	9:30 - 11:30 a.m.	TORRANCE LOVING CARE "TLC" Greeting cards workshop 1 <sup>st</sup> Tuesday of the month.
	9:30 a.m.	WIRE WRAPPING 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesdays of the month
WEDNESDAY	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
1 <sup>st</sup> WEDNESDAY of the MONTH	12:30 - 3:00 p.m.	MOVIE MATINEE
THURSDAY	9:00 a.m. - 3:00 p.m.	CENTER IS OPEN
	12:30 - 3:00 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.00



## Torrance Loving Care "TLC" Tuesdays

First Tuesdays ~ 9:30 - 11:30 a.m.

South Bay Church of God, 17661 Yukon Avenue, Torrance

310/329-1889

Join our monthly crafts workshop on the first Tuesday of each month and create greeting cards, which are sent to many helping organizations including Children's Hospital, women's shelters, Veteran's Hospital, and our men and women serving in the Armed Forces.

# **THURSDAY AND SATURDAY MATINEES!**

## **FREE MOVIES AND POPCORN**

**BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.**



**September 3 and 5**

***The Prime of Miss Jane Brody***

Rated PG Parental guidance  
suggested. Some material may not  
be suitable for children.

Maggie Smith  
Robert Stephens  
Pamela Franklin

**September 10 and 12**



***Cromwell***

Rated G

Richard Harris  
Alec Guinness  
Dorothy Tutin

**September 17 and 19**

***The Agony and the Ecstasy***

Not Rated

Charlton Heston  
Rex Harrison  
Diane Cilento

**September 24 and 26**

***The Art of Getting By***

Rated PG-13 for thematic elements  
including sexual content, language,  
teen drinking, and partying.

Freddy Highmore  
Emma Roberts  
Michael Angarano

**October 1 and 3**

***True Grit***

Rated G



John Wayne  
Kim Darby  
Glen Campbell

**October 8 and 10**

***The Lone Ranger***

Rated PG-13 for sequences  
of intense action and violence,  
and some suggestive material.

Johnny Depp  
Armie Hammer  
Ruth Wilson

**October 15 and 17**

***Parental Guidance***

Rated PG for some rude humor.

Billy Crystal  
Marisa Tomei  
Bette Midler

**October 22 and 24**

***Chasing Mavericks***

Rated PG for thematic elements  
and some perilous action.

Gerard Butler  
Johnny Weston  
Elisabeth Shue

**October 29 and 31**



***Charade***

Not Rated

Carey Grant  
Audrey Hepburn  
Walter Matthau

**SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12:00 NOON!  
FEATURED FILM SELECTION IS SUBJECT TO CHANGE DUE TO AVAILABILITY!**



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## BARTLETT SENIOR CITIZENS CENTER

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1318 Cravens Avenue 310/320-5918

**HOURS: MONDAY through SATURDAY – 8:00 a.m. to 4:00 p.m. SUNDAY - 12:30 to 4:00 p.m.**

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2.50. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

**Card Games, Table Games, and Pool playing all day, every day, plus the following scheduled activities:**

MONDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$59.00/Term (9/14/15 - 12/11/15) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:30 a.m.-12:30 p.m.	Lapidary Workshop <b>Wrap-around Safety Glasses are Required!</b>
TUESDAY	9:00 a.m.-12:00 noon	Shuffleboard
WEDNESDAY	8:05-9:35 a.m.	“Fitness Difference for Seniors” Fee: \$59.00/Term (9/14/15 - 12/11/15) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:00 a.m.-3:00 p.m.	Beadwork Workshop
	12:00 noon	Crochet Workshop
THURSDAY	9:00 a.m.	Ceramics Workshop
	9:30 a.m.-12:30 p.m.	Lapidary Workshop <b>Wrap-around Safety Glasses are Required</b>
	12:30 p.m.	Thursday Afternoon at the Movies
FRIDAY	9:30 a.m.-12:30 p.m.	“Fitness Difference for Seniors” Fee: \$59.00/Term (9/14/15 - 12/11/15) Co-Sponsored by Torrance Adult School - Older Adult Program (310/533-4689)
	9:30-11:30 a.m.	Crafts, Knitting, and Crocheting Workshop
	12:30-2:30 p.m.	Seniors Open Discussion Group
SATURDAY	9:00 a.m.	Bridge and assorted table games are played
	9:30 a.m.	“The Swinging, Singing Seniors” Newcomers WELCOME
	9:30-11:00 a.m.	South Bay Strummers Ukulele Group
	12:30 p.m.	Saturday Afternoon at the Movies
SUNDAY	12:30-4:00 p.m.	Bartlett Center is Open! Drop on in!



**Special Notes:** Legal Advice is available by appointment on the first Tuesday of the month at 11:00 a.m. and the third Tuesday of the month at 1:30 p.m. Please call 310/320-5918 to make an appointment.

HICAP (Health Insurance Counseling and Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the first and third Wednesday of each month.

Please call 310/320-5918 to make an appointment.



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## SEA-AIRE SENIOR CITIZENS GOLF CLUB

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Sea-Aire Park - 22730 Lupine Drive – 310/543-4653 - 9 holes

**Meets Every FRIDAY from 8:30 to 11:00 a.m.**

Upcoming general meetings are September 4 and October 2, 2015

If you are a senior and would enjoy getting out for a morning of “pitch and putt” competition and good fellowship, come on out and see what we have to offer!

### ☞ FOCAL POINT PROGRAM ☞

The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9:00 a.m. to 3:00 p.m.

**For more information, call 310/320-1300 or 310/320-5918**